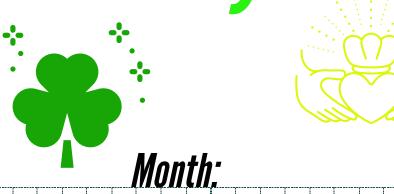
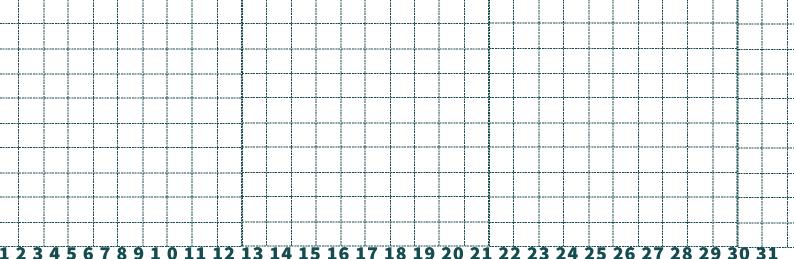
Monthly Mood Tracker







Happy
Sad
every day.
Irritable/ Angry
Feeling like you are not enough
Anxious
Crying
Lack of Interest in Hobbies

Isolation

Color in each heart with a different color to represent your moods. Then color a square for each mood(s) you experience every day. It is ok to have multiple moods marked throughout the day.

After coloring the squares, write with ink the severity of the mood.

S= Severe H= High L= Low N= None

